

## Brief history of the psychology

Almost every Western thought trace its roots back to the ancient Greek thinkers such as Socrat, Plato, Aristotle and Hippocrates. It was a birth of science discipline named philosophy meaning "search for wisdom".

During the middle ages, from 5th to 15th century, there is almost no development of a scientific thought in Europe because scientists were imprisoned, tortured and killed. It was solely a time of religion which doesn't allow an alternative view. Utterly restrictive, exclusive, inhibiting. At that time Church claimed that Earth is a center of the Universe defending its wrong standpoint by a brutal force. On West, prominent theologians were Augustine of Hippo, St Thomas Aquinas and Anselm of Canterbury while on the East there were Ibn Sina (Avicenna) and Al-Ghazali (Algazel).

Next most important step in a development of the Western mind came in 17th century, during an enlightenment period, with philosophers like Isaac Newton, René Descartes (Cogito, ergo sum - "I think, therefore I am) and François-Marie d'Arouet (Voltaire).

The term psychology was first used by Marko Marulić, Croatian writer and philosopher of the Renaissance period, in his book "Psichiologia de ratione

animae humanae" while first international usage was made by Rudolf Göckel in his book "Psychologia: hoc est, de hominis perfectione, animo et in primis ortu hujus" published in 1590. and by Steven Blankaart in his book "The Physical Dictionary" published in 1684.

Christian Wolff differentiated psychology as a separate scientific discipline in his 1732. "Psychologia Empirica" and 1734. "Psychologia Rationalis". Immanuel Kant recognized psychology as an important part of anthropology.

In 19th century, Wilhelm Wundt also introduced psychology as a separate discipline to philosophy and biology and was the first person ever to call himself a psychologist. He founded the first laboratory for psychological research where he gained experimental insight into the subject.

In USA, William James published The Principles of Psychology (1890.) defining psychology as a science of the mental life. He performed functional psychology as distinctive branch to the Wundt`s practical one. Maybe it`s just because he lacked an experimental facilities and equipment that Wundt had.

At the start of 20th century, Sigmund Freud originates psychoanalysis venturing into the unknown world of an unconscious which is the source of a

socially unacceptable irrational motives and desires, especially the sexual and aggressive, the driving force behind the human behaviour dynamics and the main cause for the formation of a mental illness(es). Therefore, in order to heal a person first we must reveal the hidden and then apply therapeutic practices (psychotherapy).

Freud said that much of what humans feel, think and expose is unconsciously determined. At the same moment, every individual has a psychological self-defensive mechanisms integrated.

Freud distinguishes three structural building blocks of the psyche: Id, Ego and Superego.

Early childhood plays an important role reflected back in life as complex patterns of apparently paradoxical symptoms and behaviours.

Key element in Freud's psychoanalytic method is interpretation of the dreams. He wrote a book on this subject: *Die Traumdeutung* (The Interpretation of Dreams) where, among else, presents view of the Oedipus complex, minted later in "A Special Type of Choice of Object made by Men" as being positive, in opposite-sex parent case, or negative, in same-sex parent case. Dream(s) content can be manifested as remembered narrative

or be latent lying in the meaning.

I visited Berggasse 19, Vienna, former apartment of Sigmund Freud turned into his Museum in 1971.

Alfred Adler had his own theory. He believed that a child's personality containing feeling of inferiority either compensates it, overcompensates it or in a lack of a sufficient compensation develops an inferiority complex. Therefore, the purpose of a psychotherapy is to help the patient reach an adequate self-esteem level.

During 20th century the behavioristic approach emerges when psychologists like John B. Watson, Ivan Pavlov and B.F. Skinner propose an environment influences as stimulus and reactions in the form of reflexes, although respected heredity to a certain extent.

In 1808. Johann Christian Reil invents the term "psychiatry" naming the specific branch of medicine for discovery, prevention and treating of a people with mental states or illnesses.

## Carl Gustav Jung

was a psychologist and psychiatrist who founded analytical psychology. Friend and student of Sigmund Freud before the two have scientifically parted.

Jung explored alchemy and occult, from psychological perspective of course, and attended seances. He wrote the commentary for a book by Richard Wilhelm: The Secret of the Golden Flower as well as acquainted himself to the I Ching. Besides that he researched Western philosophy and religion, Christianity, Kundalini Yoga, effect of hallucinogens on psyche, symbols, dreams and numbers for which he said that "as archetypes, they are prior to consciousness and have existed from eternity".

There is an old saying that "God is a circle whose centre is everywhere and the circumference nowhere".

Jung`s reverse psychology: "the Catholic Church keeping a constant focus upon sexuality thus creates an acute consciousness of sex in the public".

My remark: Latent homosexuality in a male exclusive society that uses invert falus as their crucial emblem symbolically raised (erected) during the holy gathering? It seems very... plausible indeed.

There are two interviews with Carl Gustav Jung available on the Youtube:

1959. BBC John Freeman interview with the Professor Jung

<https://youtu.be/2AMu-G51yTY>

(short version)

Question: What sort of a religious upbringing you had?

Jung: "Swiss reformed, every Sunday went to church."

Question: Did you believe in God?

Jung: "Oh, yes."

Question: Do you believe now?

Jung: "Now? It is difficult to answer... I know. I don't need to believe, I know."

Question: What was your relation to the Freud?

Jung: "We met in 1907. We had long conversations and developed a personal friendship. He was complicated, settled in his thoughts, hard to discuss with. There was a discrepancy from the beginning. He didn't study philosophy. I did. I was very interested in Kant."

Question: You exchanged many letters with Freud?

Jung: "Yes. Some are not published."

Question: Which Freud ideas you didn't like?

Jung: "Freud had a purely personal approach - he disregarded an individual's historical conditions such as influence of education, parents, prejudices and what I call dominance which is the decisive factor in psychology."

Question: What psychological type are you?

Jung: "The type is not in a static, it changes through the course of a life. I am always thinking. I am intuitive yet difficult with feeling... I am not bound to a reality..."

Question:

Jung: "

<https://www.bitchute.com/video/zGqwOB7pSx8h/>

(complete version)

I haven't watched it yet.

1957. Dr. Richard Evans, University of Houston, interview with Dr. Jung



<https://youtu.be/bs3HK3pxVAY>

I haven't watched it yet.

Analytical psychology

The Jung's main idea is a distinction of the subject's mind into the conscious and unconscious factors with the job of psychotherapy to keep or re-establish the respective integrity.

Some people tend to be more "introvert" while others more "extravert". Using Freudian analogy, we may conclude that a mental homeostasis can be achieved right in between, respecting the Golden ratio principle or one of the Delphic maxims.

Extraverts are open, communicative and enthusiastic while introverts closed, reserved and self-sufficient.

Respectively, Jung`s inspiration could have been found in the Nietzsche`s thinking who, influenced by the Sophocles "Oedipus Rex", named the halves of a human dichotomy as "the Apollonian" and "the Dionysian", after two Greek gods where "Apollo" stands for forces of order and logic while "Dionysus" for that of chaos and irrationality, seeing their fusion as ideal state of an individual`s mind.

As sources of the bipolarization, Jung proposes environmental influences, in extrovert cases, and hereditary disposition, in introvert ones with the sum of an intellectual and emotional factors included.

An archetypes seem to possess the property of "contagion": individual perception can become social and vice versa.

When an inner process (mental) cannot be processed it is often projected outwards (manifested), released into the environment, depressurized.

Lexicon of analytical psychology:

Anima and animus (archetype) - feminine and male part of the human psyche.

Archetype - universal patterns and images.

Collective unconscious - common unaware.

Complex - sum of all shadows.

Ego - awareness of Self.

Extraversion and introversion - open or reserved attitude.

Individuation - process of an inner integration.

Interpersonal relationship - social skills like intimacy, reciprocity and power ratio.

Persona - private and public.

Psychological types - extravert, introvert; artist, intuitive, thinker, romantic,...

Shadow (archetype) - repressed emotions.

Self (archetype) - integrity of consciousness and unconsciousness.

Synchronicity - a meaningful coincidence.

## UFO`s

Jung wrote a book about UFOs "Flying Saucers: A Modern Myth of Things Seen in the Skies", published in 1959., stating a question "are they real or are they a mere fantasy products? ". Media misquoted him as a saucer-believer. Jung replies: "I expressed myself in a sceptical way, though I spoke with due respect to those who believe in the reality of a UFOs".

Jung begins by considering the UFO reports simply as a rumours or psychic products pointing the reader's attention to Keyhoe's books - "which are based on official material and studiously avoid the wild speculation, naïveté, or prejudice of other publications".

Jung is aware that "even people who are entirely healthy can sometimes see things that do not exist", describes that "UFOs are most often lens-shaped but can also be shaped like cigars and how they shine in a various colours or have a metallic glitter" yet warns how the manifestations should "not be confused with meteorites or temperature inversion layers".

Rumours also say that "there are large mother-ships from which little UFOs get out or take shelter. They are said to be both manned and unmanned, and in the latter case are remote controlled".

Possible cause for the rumours could be omnipresent emotional foundation, a psychological situation common to all mankind. Tension having its root in a collective distress, danger or simply being a vital psychic need.

Other explanation Jung offers comes in a form of projections which can be manifested anywhere: at work, as mental illness, in ideas of persecution and in hallucinations.

Or root can be personal like the repression(s) of a certain unconscious thoughts (memories) which we ignorantly radiate to our immediate living and work environment. In such case they are to be observed as symbols, represented in a visual form, of a thought that was not consciously apparent. Yet the manifested expresses the meaning of the unconscious only approximately. In practice the meaning has to be completed with the full exposition.

Reason could be trivial as well: sensationalism, adventure seeking, technological receptiveness, intellectual curiosity, visions. Jung is aware of it all.

We can even draw an analogy with a symbol of the totality and "self" - the mandala (Sanskrit\*, "circle") - one of the Jung`s proposed archetypes.

\* Sanskrit ("saṃskṛta"): ancient Indo-European language, meaning "grown, cultivated and purified", used in hinduistic sacred texts such as Vedas and Upanishads.

The macrocosmos, appearing to a naive mind as spherical, gives the impression of a traditional round form. Next, the visible Universe is filled with mostly lens-shaped stars agglomerations, called the galaxies, which are similar in form to that of the seen UFOs.

Brightness add-on can be a product of the religious indoctrination such as: "An intolerable radiance shined from the face of Moses after he had seen God". Fire add-on too. The Bible often mentions fire element. Few examples: "...cast alive into a lake of fire burning with brimstone" (Book of the Revelation, verse 19:20); "And the devil that deceived them was cast into the lake of fire and brimstone" (Book of the Revelation, verse 20:10).

Insertion: in worst cases of mental disorders, sighting could be the consequence of delusion, psychosis or schizophrenia. An important indicator of such condition is lack of material evidence and other witness(es), credibility issues and account naivety.

On UFO`s Jung concludes that "if these things are real then we are left with only two hypothesis: 1) weightlessness and 2) psychic nature yet it seems to me – speaking with all due reserve – that there is a third possibility 3) UFOs are real material phenomena of an unknown nature, presumably coming from an outer space, which have long been visible to a mankind... As well as fourth stating that 4) Maybe unconscious contents have projected themselves outwards giving UFO`s a significance they in no way deserve".

Jung collected a number of books related to the UFOs including Fred Hoyle`s: The Nature of the Universe, Frontiers of Astronomy and The Black Cloud whose author is a well-known authority on astrophysics.